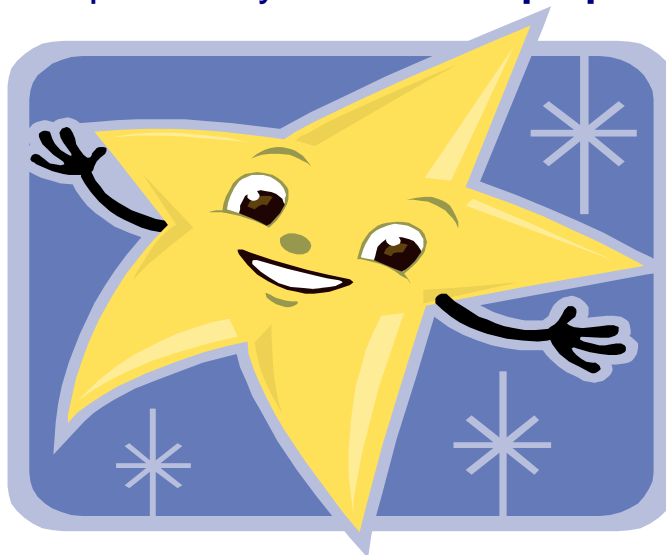


Yes! Now You're Doing It!

Congratulations!!! You are now doing something to lose that extra weight. You can feel proud of yourself. **Keep up the good work!**



Here are tips to help you continue:

- Set daily achievable goals.
- Reward yourself for achieving your daily goals.
- Arrange your environment to support your efforts to lose weight. For example, have healthy snacks readily available. Avoid going to places where you usually lose control of your eating such as buffets. Place reminders about weight control where you will notice them.
- Plan ahead. Make your lunch at home and bring it with you. Eat something healthy BEFORE going to a social eating event. Rearrange your daily schedule to include physical activity.
- Ask for and accept support and encouragement from others.
- Continue to focus your attention on the benefits of what you are doing, such as feeling good and improving your health.
- Even if there are times when you have been doing all the right things but haven't lost any weight for a while, keep your thinking positive. Persistence pays off.

